



GUADALUPE
CULTURAL ARTS CENTER

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FOR IMMEDIATE RELEASE

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ANNOUNCEMENT

SUMMER ACTING WORKSHOP INFLUENCED BY MAYAN PHILOSOPHIES

- WHAT:** *Vibrant Being* Workshop at the Guadalupe Cultural Arts Center
- WHO:** Teaching Artist from California Lakin Valdez of **El Teatro Campesino**
- WHEN:** June 14-18
1 – 4 p.m. (3 hours daily)
AGES: 13-20
FEE: \$150
- WHERE:** Guadalupe Theater, 1301 Guadalupe St.
- INFO:** Call 271-3151 to register.

The Vibrant Being Workshop is designed to enhance the natural learning and communicative abilities of each student by exploring and developing the essential “vibration” of all living beings. The ancient Maya of the Yucatan called this **Wuinik ‘lil (vibrant being)** and described it as the essence of all human consciousness in a dynamic universe. Physical, emotional and mental exercises designed to unlock both individual and group awareness will draw parallels to other world systems of meditation and movement, notably the Greek, Chinese and Hindi schools, but the basic approach and terminology shall focus on Mayan concepts, as the universal roots of Ancient American culture.

Lakin Valdez was born into El Teatro Campesino (ETC) and has served as its Associate Artistic Director for the last two and a half years. Working closely with the Artistic Director, Founder and father Luis Valdez, Lakin has conducted workshops, trained actors and helped develop educational programs at ETC. Most recently he has worked with “Youthserve,” a youth empowerment arts organization based in Santa Cruz, CA to workshop and develop a drama about the life of Cesar Chavez (2003).

Some of Valdez’ most notable achievements include adapting and performing in Bertolt Brecht’s *The Measures Taken* (‘01), co-directing ETC’s long awaited revival of *La Carpa del Los Rasquachis* (‘01) and most recently performing in the National Touring production of *Zoot Suit* (‘04).

It is his goal to serve and devote his time to nurturing, cultivating and developing work within cultural arts institutions that reflect the experience of the Latino / Chicano community.

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